

## **Historic, archived document**

Do not assume content reflects current scientific knowledge, policies, or practices.





24  
No. 97

August 31, 1936.

## FRUIT BUTTERS

Peaches, as well as apples, make good fruit butters, and so do grapes. For that matter, apricots, crab apples, pears, plums, and quinces also make appetizing fruit spreads. All the fruit butters are made by cooking the pulp to a smooth consistency, thick enough to hold its shape, soft enough to spread easily, and with lemon, vinegar, or other fruit acid, or spice, or both added as desired. There is often considerable fruit material left in the pomace when juice has been extracted for jelly making. This residue may be used as a source of pulp for a fruit butter.

While only sound fruit should be used to make butters, sound portions of windfalls or culls may be cut out and cooked for this purpose.

After washing the fruit thoroughly, prepare as follows for cooking:

Cut apples in quarters and add half as much water or cider as fruit.

Scald apricots or peaches, remove skins and pits, crush, and cook in own juice.

Cut crab apples in quarters, remove stems and blossom ends, add half as much water as fruit.

Remove grapes from stems, crush, and cook in own juice.

Quarter pears and add half as much water as fruit.

Crush plums and cook in own juice.

Cut quinces into small pieces and add half as much water as fruit.



Cook with constant stirring until the fruit is soft. Put through a colander, then through a fine sieve to remove all fibrous material and give a smooth mass. Measure the pulp and add one-half the measure of sugar. Add a little salt, spices as desired, and lemon juice if needed. Cook rapidly with constant stirring to prevent scorching. When the butter is thick and has taken on a glossy sheen, pour while boiling hot into sterilized containers, and seal.

Use only fresh spices and only enough to give a delicate spiced flavor. It is a mistake to add so much spice that the natural fruit flavor is obscured. If a light-colored butter is desired, whole spices may be tied in a small cotton bag and left in the fruit butter only during the cooking period.

# # #

